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KEVIN TUONG/FOR METRO

For-profit blood ban applauded

HEALTH

Bill ensures blood will go to patients in need, say advocates



Matt Kieltkyka
Metro | Edmonton

Health-care advocates are applauding provincial legislation introduced Monday that would ban the sale of plasma and blood donations in Alberta.

Edmonton's Sandra Azocar, executive director of Friends of Medicare, said Bill 3 will ensure donated blood goes to patients in need, not to pharmaceutical companies paying market price.

“These companies are interested in cornering the plasma market so they can turn it around, sell it to pharmaceuticals who then turn it around and sell it to our health-care system,” said Azocar. “That means you’re at the mercy of the market as opposed to having a system that ensures you have what you need regardless of how deep your pockets are. We are incredibly happy to see real leadership from government in terms of protecting the integrity of our supply system in Canada and in Alberta.”

If passed, Alberta would become the third province in Canada to ban the sale of plasma.

“Donating blood should not be viewed as a business venture, but as a public resource saving lives every day,” said Health Minister Sarah Hoffman, who introduced the Voluntary Blood Donations Act. “Banning paid blood donation will make sure people are donating to the same, co-ordinated integrated blood supply network.”

Donating blood for money is currently a very small operation in Canada. There is a private clinic in Saskatoon and another near Winnipeg, but government officials say the legislation is to prevent any shop from setting up in Alberta.

Provinces currently fund and get blood and blood products from Canadian Blood Services, a non-profit agency.

Officials say if private firms buy blood and plasma from donors to resell on the global market, there could be a corresponding drop in donors to Canadian Blood Services. Fines for violating the law will begin at \$10,000 a day for individuals, and \$100,000 a day for corporations.

WITH FILES FROM THE CANADIAN PRESS

Join the Conversation

Let's Talk Park & Ride

The City of Edmonton is developing a strategy that will help identify where and how we provide new Park and Ride services. We want to hear your thoughts about what would make park and ride better and what we should consider for park and ride in the future.

The survey will be open until March 31, 2017.

www.edmonton.ca/parkridestrategy







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Councillors back funding boost for city's crosswalks

ROAD SAFETY

Sum of \$4.8M would come from photo radar reserve



Jeremy Simes
Metro | Edmonton

City councillors are backing a plan that would see \$4.8 million from the photo radar fund improve crosswalks considered risky for pedestrians.

Members of the community and public services committee voted to support the plan Monday — which would still need council approval — after city staff presented a new report that showed 380 crosswalks need \$45 million in repairs.

Of that number, 70 crosswalks were identified as 'high priority.' Intersections are classified as critical when large numbers of cars driving at higher than posted speeds pass through them, posing a significant risk to pedestrians, according to city staff.

Coun. Brian Anderson tasked city administration late last year with determining which crosswalks needed upgrades.

"I'm appalled we have 380 intersections on arterial roads (that need improvements)," he



Anna Ho, a pedestrian advocate with Paths for People, questions if some crosswalks will have more safety features than others. METRO FILE



I'm appalled we have 380 intersections on arterial roads (that need improvements).

Councillor Brian Anderson

told the committee Monday.

The money would come from the photo radar reserve, a fund that collects money

generated by speeding tickets caught on camera. Gerry Shimko, the city's traffic safety executive director, couldn't

say which crosswalks on the list of 70 will get fixed first.

However, he said the city has prioritized 15 crosswalks that will be improved this year. They include areas around NAIT, Rogers Place and the Clareview Community Recreation Centre.

"We'll be able to deal with

those right away," Shimko said. "As we look at the other 70, they'll have a whole city-wide application."

The upgrades could include amber flashing signs or other signals, or curb and median extensions.

Anna Ho, with pedestrian advocacy group Paths for People, said she likes seeing more funding, but wonders if some crosswalks will get more safety improvements than others.

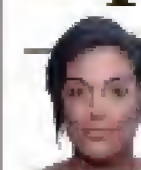
"Will it be different at every one or will there be a minimum standard?" she said. "We need things like raised crosswalks, curb extensions, and improvements in signals to improve the safety at marked crosswalks."

The \$4.8 million would only fund just more than half than the \$8.5 million that staff say is required to improve all 70 high-priority crosswalks.

The move to renovate crosswalks using photo radar funds will require council approval when they meet next Tuesday at city hall.

CRIME

Man shot, accused of aiming gun at police



Pushpa Balgobin
For Metro | Edmonton

Edmonton police shot a man holding a firearm Monday, after receiving multiple reports of a man carrying a weapon near 137 Avenue and 50 Street.

Officers were called out just before noon, after receiving at least seven calls. When they arrived, two officers saw a man pointing what appeared to be a long barrel firearm at bystanders, according to Acting Deputy Chief Darren Derko.

The man then pointed his firearm at police, Derko told media Monday.

"In response to the activity of the suspect, shots were subsequently fired by police and the male was struck," he said.

Police performed first aid and EMS took him to hospital with critical injuries. His name has not been released by authorities. Derko said two officers were involved, a ten-year veteran of the force and a six-month recruit.

"This incident could have been a lot worse, and we are grateful that no innocent bystanders were injured," he said.

The Alberta Serious Incident Response Team (ASIRT) is now investigating.



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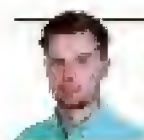
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Green space vision released

STRATEGY

Downtown could be improved, city planner says



Jeremy Simes
Metro | Edmonton

Get ready to breathe — Edmonton's got a plan to ensure there's green space for everyone, as the city grows rapidly over the next few decades.

The city will release its draft strategy, called Breathe, on Wednesday. Officials say the plan will ensure each neighbourhood has parks, even when Edmonton reaches a projected population of 2.1 million by 2050.

But it's more than just a 'parks plan,' according to senior city planner Geoff Smith.

He said the strategy is essentially a 'land management tool' that looks how Edmonton parks (privately owned or not) are being used and what improvements can be made.

"We're able to identify and



A rendering of Edmonton's breathe strategy. COURTESY CITY OF EDMONTON

assess each and every park and evaluate how it's performing," he said. "We're able to target particular parks and make management improvements."

"It's a plan that allows for decisions based on data."

For example, the city would

"We're able to assess each and every park."

Geoff Smith

be able to see if it needs to add trails in some parks or playground equipment in others.

"We can look at area deficiency, where we can target naturalization to improve the tree canopy," Smith added.

It turns out central Edmon-

ton, which already boasts several large parks, will also need improvements to its park system, he said.

"It's anticipated to be a doubling of population in downtown Edmonton."

On top of better connections to the river valley, downtown also needs more amenities within its parks, Smith said.

"What would score not so well are amenities that support children and families," he said. "And of course you want people to have easy access to the playgrounds, spray-pads and so on."

What did score well are the river valley and ravine parks, in terms of their ecological and 'celebratory' value.

"The ability for us to hold festivals and events in places like Hawralek is very strong in many of those parks," Smith said.

Once the public provides feedback on the strategy, city councillors will review it at the urban planning committee later this year.

If council signs off, the plan will then be implemented.

As the strategy progresses, the city will identify where new parks could be placed.

SURVEY FINDINGS

Council axes new flag plan

Edmonton won't be getting a new city flag anytime soon, after city council members quashed plans Monday to pursue the idea further.

City councillors discussed survey findings at the community and public services committee Monday that show Edmontonians are split on redesigning the city flag.

Two flags were on the table: one designed by Ryan McCourt, which highlights reconciliation with Indigenous communities, and Edmonton's current flag.

But the survey, which showed only 48 per cent of respondents supported a redesign, had Mayor Don Iveson re-thinking his original proposal to see Edmonton adopt McCourt's flag.

Instead, Iveson proposed the city fly the Métis, Treaty 6 and current Edmonton flag. The city usually flies the Indigenous flags only during celebratory periods like Métis week.

Iveson's proposal will go to council next Tuesday.

JEREMY SIMES / METRO

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Jewish Federation beefs up security

COMMUNITY SAFETY

Move taken after threats and graffiti in other cities



Kevin Maimann
Metro | Edmonton

Money that would usually allow the Jewish Federation of Edmonton to help people is now being spent to protect them, as threats against Jewish community centres rise across North America.

CEO Debby Shctor said the federation is changing its emergency protocol and tightening security at synagogues, schools and other community facilities in light of recent bomb threats and hateful graffiti across the United States in Canada — including Calgary, Vancouver and Winnipeg.

"We've had to put a lot more dollars that we would ordinarily spend on things like cultural programming, or bursaries for our students to go to school and to camp, on security. Which is really a shame," Shctor said.

"Security is very expensive. Buying cameras and locks and hiring security guards is not cheap."



We've had ... phone calls from people who are quite worried

Debby Shctor

While there have been no recent threats directed at Jewish institutions in Edmonton, she said news elsewhere has been psychologically wearing on the community.

Shctor feels it's only a matter of time before something happens here.

"We've had a number of phone calls from people who are quite worried. And it's been very quiet for a long time, so this is unusual for us," she said.

The federation has instituted a call-out list to notify other institutions in case of an incident, and is considering a text message fan-out notification system.

Members regularly liaise with the Edmonton Police Service as well, and are holding a March 24 meeting to share common concerns with members of Edmonton's Muslim community.

Shctor said the Jewish community usually feels "very safe" in Edmonton, but she feels there is little choice but to take extra precautions right now.

"None of these bomb threats have been real, but nonetheless if you receive a bomb threat you have to act on it. You can't just say, 'Oh, they've all been hoaxes and we're just going to sit here,'" she said.

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'Prolific' bison thrive again

WILDLIFE

Discoveries complement conservation efforts



Matt Kieltyka
Metro | Edmonton

The first bison set hoof on North American soil between 135,000 to 195,000 years ago, according to new research from the University of Alberta.

The new findings were published Monday in the Proceedings of the National Academy of Sciences journal, marking the first time scientists have been able to pinpoint when the iconic animal colonized the continent.

"Now we can pretty confidently say that bison entered North America sometime during the penultimate ice age," said researcher Alberto Reyes, at the UoA's Department of Earth and Atmospheric Sciences.

"They would have crossed into North America much like humans did, over the Bering



Buffalo made a historic return to Banff National Park earlier this year. THE CANADIAN PRESS

Land Bridge from Asia, and then spread really, really quickly."

Bison's arrival to North America predates humans by an ice age, or at least 115,000 years. Because radio carbon dating isn't possible on fossils older than 50,000 years, Reyes said previous attempts to identify when bison came to North America have varied wildly and were ultimately discredited.

Estimates ranged from two

million years ago to 200,000. Reyes, UoA colleague Duane Froese and University of California Santa Cruz paleogeneticist Beth Shapiro and their teams were able to finally succeed where others failed by studying the sediment around the oldest known bison fossils in the Yukon.

"We found volcanic ash around this deposit and we knew how old that volcanic

ash was," said Reyes.

Reyes said bison thrived on a continent "that was wide open to them," evolving rapidly to adjust to various ecosystems like woodlands and plains. They quickly colonized the continent, becoming the dominant large herbivores until being hunted to near extinction in the 19th century.

"It's hard to imagine in our more modern human history a

\$6.4M

The \$6.4-million Parks Canada project will see 10 pregnant young cows and six young bulls released into Banff National Park.

more prolific, large herbivore in North America than the bison," said Reyes.

Recently, wild bison have been on the comeback trail thanks to massive conservation efforts. Just last month, bison were reintroduced to the eastern slopes of Banff National Park for the first time in over 100 years.

The \$6.4-million Parks Canada project consists of 10 pregnant young cows and six young bulls.

The herd is currently penned in a pasture but will be released into a 1,200-square-kilometre zone in a remote area of the park in the summer of 2018, marking another milestone in the species' rebound and re-introduction into the natural landscape. WITH FILES FROM THE CANADIAN PRESS

CITY HALL

Plan for homeless evolves



Kevin Maimann
Metro | Edmonton

The city launched an online survey Monday to gather input that could help reshape its plan to end homelessness.

The city's 10-year plan is into its final three years, and Mayor Don Iveson said its goals could still be attainable with more help from provincial and federal governments.

He said the city was getting \$100 million every year to build new housing units from senior orders of government just six years ago, but that number dwindled to zero.

Many areas of Edmonton's 10-Year Plan to End Homelessness have been successful — homeless counts have marked a 43 per cent decrease in people experiencing homelessness since 2008, and more than 5,900 people were housed by Housing First agencies between 2009 and 2016. Of those, 81 per cent remained housed a year later.

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EXPLORER
AWD



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MAZDA3
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\$11,988 **\$89/BW**

2008
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X3



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\$12,988 **\$180/BW**

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NISSAN
SENTRA
1.8



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2016
HYUNDAI
ELANTRA
GT



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2014
DODGE
JOURNEY



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2015
CHRYSLER
200
LIMITED



#15R5493

\$15,988 **\$105/BW**

2016
DODGE
GRAND
CARAVAN



#16B3618A

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2014
CHRYSLER
TOWN &
COUNTRY



#14E8011

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2014
MAZDA
CX5 GT



#16K32141

\$20,988 **\$135/BW**

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MITSUBISHI
OUTLANDER
AWC



#40C2232

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2016
MAZDA
CX-5
AWD



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\$21,988 **\$140/BW**

2015
RAM
1500 CREW
4X4 SLT
HEMI



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2016
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DURANGO
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CANYON
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Canadian oil in for another tough year

ECONOMY

Forecast: More losses in 2017 before pick up in last quarter



Matt Kieltyka
Metro | Edmonton

Canadian oil producers are in for another tough year, according to the Conference Board of Canada.

The board's latest forecast predicts the industry, which is predominately based here in Alberta, stands to lose \$1.1 billion this year, marking the third year in a row the sector is in the red.

The pre-tax losses are expected despite the fact prices have increased along with production.

Still, the board believes the industry is primed to break its slide soon.

"Following three consecu-

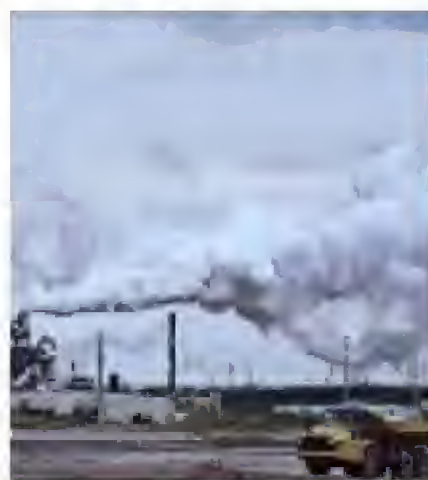
tive years of oversupply, global crude oil markets are finally moving back into balance. Global demand is expected to increase in coming years, suggesting prices will continue the upward trajectory that began late last summer," said Conference Board of Canada economist Carlos Murillo in a statement.

"Despite recent positive developments, however, we do not expect the industry's bottom line to return to positive territory until the fourth quarter of this year given that it started from such a weak position."

Fueling the positive outlook is the expectation that prices are expected to average \$55 US per barrel this year.

Those should, the report says, result in revenue growth increase of 20 per cent over the next five years, compared to an annual contraction of 10 per cent over the last five years.

The recent approval by the federal government of Enbridge's Line 3 replacement and Kinder Morgan's Trans-



Syncrude oil sands facility.
THE CANADIAN PRESS

Mountain expansion also provides cause of optimism, the report concludes.

Kinder Morgan announced last week the cost for its expansion project — which carries oil from Edmonton to Vancouver to be shipped off to international markets — has been revised at \$7.4 billion.

The company has also re-confirmed commitments from 13 shippers, albeit with volumes three per cent lower than originally announced in 2012.

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MASSIMO CAPRA
From *Chopped Canada*

THE COOKING STAGE

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Girl Guides nix trips to the States

MUSLIM BAN

Group worries members could be turned away at the border

Girl Guides of Canada is cancelling any trips to the United States, citing concerns that some members could be turned away at the border.

"It also has to do with safety," Sarah Kiriliuk, the organization's national manager of marketing and communication, said Monday. "We want to make sure that if our girls are travelling that they are not going to be in a risky or unsafe situation.... We can't leave a girl behind."

The organization, which has 70,000 girls and 20,000 women who are volunteer guiders, said it decided to cancel future

travel because of the uncertainty over whether all of its members would be allowed to cross into the United States.

President Donald Trump has recently introduced an immigration ban that affects would-be visitors and immigrants to the U.S. from six Muslim-majority countries who do not hold a valid U.S. visa.

"We realize we had to stand by our organizational commitment of inclusivity and diversity," Kiriliuk said. "We talk the talk, we try to walk the walk. We're an inclusive and a diverse organization and this is just an extension of that."

Girl Guides of Canada will not be approving any new travel to the U.S. until further notice, the statement said.

This includes day trips and weekend outings or longer, and any travel that includes a connecting flight through a U.S. airport.

"Not being able to cross a border, can you imagine what would happen?" Kiriliuk asked. "A group shows up at the border and one girl can't go across — that puts everybody in a very difficult situation."

If there's a trip that has been planned and paid for, Kiriliuk said, then the organization is doing a risk assessment on those trips.

The organization is encouraging people to take domestic trips especially because this is 150th anniversary of Confederation.

Girl Guides is not the first organization to suspend trips to the U.S.

Several schools and school districts across Canada debated going ahead with trips south of the border following the first executive order issued by Trump in January.

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

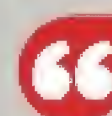
150 WAYS of looking at Canada

POSTCARD NO. 40

ST. JOHN'S, NEWFOUNDLAND



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SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page.

Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

Canada digest

Taxi driver acquitted of sex assault no longer licensed

The former Halifax taxi driver acquitted of sexual assault this month no longer has a licence to drive a cab in the municipality.

Bassam Al-Rawi had a conditional licence since September 2015 when the municipality's appeals standing committee

granted his appeal of the revocation of his licence when he was charged in May 2015. But the driver never filed the proper paperwork to actually drive again, and his licence was deemed non-operational. A municipal spokesperson said Al-Rawi's licence expired on Friday.

ZANE WOODFORD/METRO HALIFAX

No personal info taken after StatsCan hacked: Officials

A software update revealed that taxpayer information was vulnerable and forced the suspension of two government sites last week, but not before Statistics Canada was hacked. No personal or commercial information was accessed, officials said. TORSTAR NEWS SERVICE

B.C. premier slams mandatory high heels in the workplace

Legislation that would make it illegal to require women to wear high heels on the job in British Columbia is getting support from Premier Christy Clark.

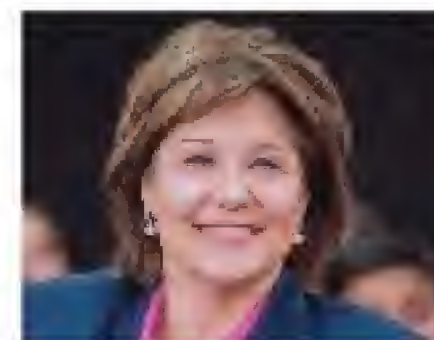
"In some workplaces in B.C., women are still required to wear high heels on the job," Clark wrote on her verified Facebook page. "This isn't just old-fashioned; in 2017, it's unacceptable."

Clark says she backs the intent

of a private member's bill introduced last week by B.C.'s Green party leader, Andrew Weaver. The bill he introduced on International Women's Day would prevent employers from mandating footwear based on gender.

Clark's Facebook entry posted Sunday promises that the government will take action, saying "this practice needs to stop."

THE CANADIAN PRESS



Premier Christy Clark
THE CANADIAN PRESS

RICK MERCER REPORT

#rickmercerreport

TONIGHT Things get a little hairy when Rick attends the annual Griz Days festivities in Fernie, BC.

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House Democratic Leader Nancy Pelosi and Senate Democratic Leader Chuck Schumer speak to reporters Monday about the projection that 14 million people would lose coverage under the House Republican bill. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Millions projected to lose their coverage

U.S. HEALTH CARE

Report defies Trump's talk of 'insurance for everybody'

Fourteen million Americans would lose coverage next year under House Republican legislation remaking the nation's health-care system, and that number would balloon to 24 million by 2026, Congress' budget analysts projected Monday.

Their report deals a stiff blow to a GOP drive already under fire

from both parties and large segments of the medical industry.

The Congressional Budget Office report undercuts a central argument President Donald Trump and Republicans have cited for swiftly rolling back the 2010 health-care overhaul: that the insurance markets created under that statute are "a disaster" and about to implode.

The congressional experts said the market for individual policies "would probably be stable in most areas under either current law or the (GOP) legislation."

The report also flies in the face of Trump's talk of "insurance for everybody," which he



I hope they would pull the bill. It's really the only decent thing to do.

Nancy Pelosi

stated in January.

Health secretary Tom Price told reporters at the White House the report was "simply wrong" and he disagreed "strenuously," saying it omitted the impact of additional GOP legislation and regulatory

changes the Trump administration plans.

In a signal of trouble, Rep. Mark Walker, R-N.C., leader of a large group of House conservatives, said the report "does little to alleviate" concerns about the bill including tax credits considered too costly.

Senate Minority Leader Chuck Schumer said the projections show "just how empty the president's promises, that everyone will be covered and costs will go down, have been."

"I hope they would pull the bill. It's really the only decent thing to do," said House Minority Leader Nancy Pelosi.

Trump digest

States move forward with Muslim ban lawsuits

More than a half-dozen states trying to block President Donald Trump's revised Muslim ban moved forward Monday with a pair of lawsuits while the government asked that the order be allowed to take effect this week.

Washington state Attorney General Bob Ferguson, joined in his lawsuit by California, Maryland, Massachusetts, New York and Oregon, asked for a hearing with a federal judge before the administration plans to implement the ban Thursday. A hearing in a separate lawsuit by Hawaii has been scheduled for Wednesday.

THE ASSOCIATED PRESS

More time sought to back up wiretap claims

Facing a Monday deadline, the Justice Department asked lawmakers for more time to provide evidence backing up President Donald

Trump's unproven assertion that his predecessor wiretapped his New York skyscraper during the election. The request came as the White House appeared to soften Trump's allegation. The House intelligence committee said it would give the department until March 20 to comply with the evidence request.

THE ASSOCIATED PRESS

Trump clown faces down Snoop's gun

Snoop Dogg aims a toy gun at a clown dressed as Republican President Donald Trump in a new music video featuring a population of clowns.

The piece also shows a TV airing a news conference with the headline "Ronald Klump wants to deport all doggs," airing live from "The Clown House." The video posted Sunday is for a remixed version of the song Lavender, by Canadian group BADBADNOTGOOD.

THE ASSOCIATED PRESS

Scotland seeks new vote amid Brexit spat

INDEPENDENCE

Move comes as U.K. clears final hurdle to begin EU exit

Scotland's leader delivered a shock twist to Britain's EU exit drama on Monday, announcing that she will seek authority to hold a new independence referendum in the next two years because Britain is dragging Scotland out of the EU against its will.

First Minister Nicola Sturgeon said she would move quickly to give voters a new chance to leave the United Kingdom because Scotland was being forced into a "hard Brexit" that it didn't support. Britons decided in a June 23 referendum to leave the EU, but Scots voted by 62 to 38 per cent to remain.

Scotland must not be "taken down a path that we do not want to go down without a choice," Sturgeon said.

The move drew a quick rebuke from Prime Minister Theresa May, who said a second referendum would be hugely disruptive and was not justified because evidence shows most Scottish voters oppose a new independence vote. She accused Sturgeon's Scottish National Party of political "tunnel vision" and called the referendum "deeply regrettable."

"It sets Scotland on a course for more uncertainty and division," May said.

Sturgeon spoke in Edinburgh hours before Britain's Parliament approved a Brexit bill that will allow the U.K. to start the formal withdrawal from the EU within days.

Sturgeon said she would ask the Scottish Parliament next week to start the process of calling a referendum, to be held between the fall of 2018 and the spring of 2019. She said by then, details of Britain's post-Brexit deal with the EU would be clear and Scottish voters would be able to make "an informed choice."

THE ASSOCIATED PRESS



Scotland's First Minister Nicola Sturgeon is demanding a new independence vote as the United Kingdom's split with the EU looms. THE ASSOCIATED PRESS FILE

NETHERLANDS

Turkey gets even for ministers' treatment

Turkey announced a series of political sanctions against the Netherlands on Monday over its refusal to allow two Turkish ministers to campaign there, including halting high-level political discussions between the two countries and closing Turkish air space to Dutch diplomats.

Turkey wanted to drum up support in the Netherlands among Turks eligible to vote in an April 16 referendum that would greatly expand the powers of Turkish President Recep Tayyip Erdogan.

About 400,000 people with ties to Turkey live in the Netherlands, though it's not clear

how many are eligible to vote.

Erdogan said the two cabinet ministers — Foreign Minister Mevlut Cavusoglu and Family Affairs Minister Fatma Betul Sayan Kaya — would ask the European human-rights court to weigh in on their treatment. He added that he didn't think the court would rule in Turkey's favour.

Earlier, German Chancellor Angela Merkel backed the Netherlands in its diplomatic fight with Turkey, as NATO's chief called for alliance members to respect each other and the European Union urged Turkey to calm down. THE ASSOCIATED PRESS



Turkish security officers stand at a barricade outside the Dutch embassy in Ankara on Monday. BURHAN OZBILICI/THE ASSOCIATED PRESS

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BLUEPRINT by Genna Buck and Andrés Plana

Seeing the forest for the cities

City life can be bad for you: Air pollution, excessive noise and a dearth of green spaces leave urbanites chronically sick and stressed-out, writes Florence Williams in a new book, **The Nature Fix**. But a walk in the woods or on the beach lowers heart rates and stress hormones, and may even help us feel more focused and sociable. With good planning, Williams writes, it's possible to create "cities of awe" with the benefits of the great outdoors built right in. **Here, five ways cities are connecting citizens to nature:**

Plant trees

One of the most important things cities can do is also the easiest. Trees attract birds, and birdsong lifts our spirits. The smell of cypress seems to ease fatigue. And that's not to mention the dramatic air-quality benefits. **Toronto** earned a shout-out from Williams for its 10 million trees.

Bring parks to people

Nearly half of **Singapore** is covered with green space — a remarkable achievement in an Asian metropolis of 5.4 million. The city-state's goal is to get 90 per cent of its residents within 400 metres of a park. The number now stands at 70 per cent.

Bring out the best in bodies of water

Oceans, lakes and rivers are "soothing and universally loved" Williams said, so cities should keep them beautiful and make them easy to access. **Wellington, New Zealand** has a vast marine preserve, nicknamed the "snorkel trail," right inside the city limits.

Take a hike

Williams praised the walking trails along the tidal basin around **Seattle**. She says cities should make it as easy as possible to get her recommended minimum "dose" of five hours in nature every month. Urban noise can interfere with the benefits, but by incorporating "incredible visuals, wonderful smells and cool things to touch," cities can partly make up for it.

Push kids to play

Immersion in nature has been linked to better mood and behaviour, increased focus and improved school performance in kids. **Fukuoka City, Japan** has taken disused school parking lots and transformed them into mini-ecosystems called biotopes, complete with resident ducks and swampy paddy fields to explore.

PUBLIC WORKS

The week in urbanism

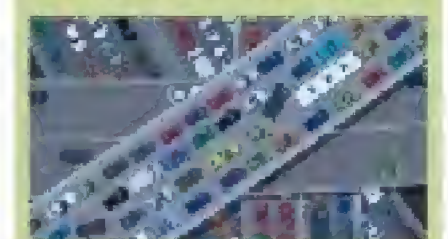


Like the autobahn, but for bikes Berlin is looking at installing 13 new "bike highways," including two by the end of the year. They would be at least five kilometres long, four metres wide — to allow for safe passing — and separated from other traffic.

Like Smell-O-Vision, but for transit Singapore started a new program where 100 buses will emit subtle scents, including rose and peppermint. It's part of a mission to make riding the bus more attractive.

URBAN DICTIONARY

Induced Demand



DEFINITION The phenomenon when expanding a road's capacity simultaneously increases demand to use it and cancels out any perceived benefit, like easing gridlock.

USE IT IN A SENTENCE

The councillor wanted an urban highway to ease traffic, but city staff pointed out congestion would be at the same level in five years due to **induced demand**.

CITY CHAMP

Lourdes Juan is the founder of Calgary urban planning firm Hive Developments, which focuses on community outreach in planning. She is also founder of the LeftOvers Calgary, a non-profit that diverts food from landfills to supply local agencies.
@lourdesmjuan



WORD ON THE STREET by Matt Elliott

City halls need to match the fast pace of city life



As I get older, I've started to think about the municipal projects under debate in terms of how old I'll be when they're finally completed.

I'll probably be past 35 by the time Toronto finally approves a comprehensive plan for laneway housing, for example. I'll be in my forties before the next major phase of waterfront development is complete. And when the first train rolls down the tracks of the city's long-planned downtown relief subway line, the odds say I could pay the seniors' fare.

Thinking about city build-

ing probably shouldn't make me contemplate my own mortality, but such is the nature of city government in Canada. Things move slowly at city halls.

But slowness doesn't need to be the status quo. Recently, some Canadian cities have shown a desire to streamline their processes, all in the service of moving a little faster.

Last week, the City of Vancouver announced a pilot project designed to speed up the approval process for low density development.

In Toronto, a city report released last spring showed that permitting round-the-clock construction can

halve completion time and reduces costs by 10 to 20 per cent.

And in Montreal, a new 67-stop LRT plan backed by the province's pension fund has moved from announcement to environmental review in less than a year. That's furiously fast for a transit project.

Brian Kelcey, an urban planning consultant with experience working in the mayor's office in Winnipeg, highlights these kinds of things as examples of what he calls "fast government." He wants to see more of it.

"We have these decision-making processes that worry about cost and they worry

about consultation — and those are all important things — but we haven't really built any of our systems to factor in the value of speed," he tells me.

Kelcey points to a bunch of things that tend to gum up the gears of government. Local politicians too often fall prey to a "desperate urge to accommodate everyone — no matter how impractical." Cities hold endless public consultation meetings even on issues where the outcome is inevitable.

And there's still a reluctance to adopt the tested solutions of other cities. "We often use pilot projects to relearn the lessons that other

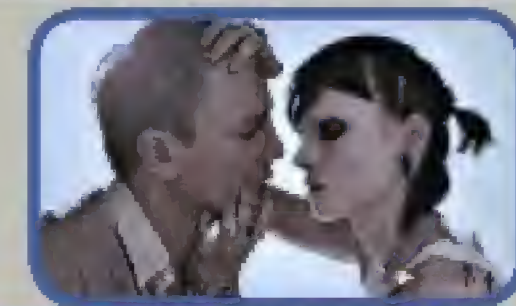
cities have already piloted," Kelcey adds.

There's no single lever for speeding up government, but Kelcey believes a part of it is a pretty simple shift in thinking.

"It needs to be a cultural change of managers, of councillors, of mayors, of citizens actually acknowledging out loud that there's a virtue to speed," he says.

Makes sense to me. I'll start. I'm Matt. I live in a city I want to see grow and improve — and I've got a need for speed.

Matt Elliott is an urban affairs columnist for Metro Toronto.



When home life and work life merge

PARENTING

BBC dad went viral, but role is usually held by 'hybrid' moms

Kristen Thompson
life@metronews.ca

If you spent more than a nano-second online over the weekend, you probably saw the video of a toddler bombing her dad as he's giving a live Skype interview with BBC News.

You also probably laughed out loud as the little girl bounced into her father's home office, followed by a younger sibling in a walker, then their panicked mother who drags the kids out of the room. But for those working from home, that comedy of errors is all too familiar.

With many workplaces offering little flexibility as to when and where parents can work, and daycare costs continuing to rise, more parents are choosing to leave their careers to carve out new paths as freelancers or entrepreneurs.

More often than not it's women, not men, who are entering this new fray: not quite stay-at-home moms, not quite working moms, but some sort of hybrid version of both.

They get to spend their days with their children, but to do that they have to give up meaningful full-time jobs, colleagues and coffee breaks, dependable income and benefits.

Irene Boekmann, assistant

professor in the department of sociology at the University of Toronto, says children are a big driving factor forcing women from work, and that this doesn't tend to be the case for fathers.

"There is definitely an interesting gendered story here," she said, pointing out that mothers with younger children are more likely to work from home than other women. "Research shows that children increase Canadian women's (but not men's) likelihood of self-employment."

When home life and work life are one in the same, there's no real break from either.

Melissa Milkie, a sociology professor at the University of Toronto, says a lack of feasible part-time professional work, along with workplaces with inflexible work hours, can be push factors that drive women to entrepreneurial work from home.

"The unfriendly workplace, full-time work, (they're) not easy to combine with motherhood," Milkie said. "So they move to freelance or other forms of work ... but it may be difficult to re-enter the workforce down the road."

For many women, that means work life and home life become one and the same, and there is no longer a strong distinction between the two.

"What we call 'role-blurring' between work and family roles, is actually linked to more distress for workers — more anxiety, depression, anger and so on. And role blurring is common among those working at home," Milkie said."

TORSTAR NEWS SERVICE



Kristen Thompson has found working from home as adventurous as Robert Kelly who went viral when his kids crashed his live TV interview with the BBC (inset). CONTRIBUTED

Voices shouting 'mom' under the door: I felt his pain

The first time I watched the BBC video, I laughed out loud — then I cringed, because I've been there.

I've nearly dislocated my shoulder trying to shoo my kids out of the room while doing an interview, or typed frantic "get them out of here!" texts to my husband as tiny voices shout "Mom!" under the locked door.

It sounded luxurious at first: As a freelance journal-

ist I could choose my own schedule, work in pyjamas, have wine at 3 p.m. But the reality ended up being a lot messier.

The truth is I feel I'm pulled in more directions than I can manage.

When home life and work life are one in the same, there's no real break from parenting or working — you're doing both at all times.

Household chores that

were divided up evenly when I worked in the office now fall almost exclusively on me as my husband's work hours are set, and mine are flexible. So I do the bulk of daycare drop-offs and grocery shopping, meal prep and doctor's appointments.

Crammed in between all of that I'm researching, interviewing and writing. I'm signing kids up for swimming lessons while

sending invoices, changing diapers and setting up interviews. A story that should take three hours to write easily takes three days.

It's two full-time jobs, and there is never a break from either. Because of this, I often feel like nobody really gets my full attention — not my work, and not my family.

Self-employment has been a wonderful opportunity for my family. It meant a pay cut, but it has also meant a degree of freedom I never had in my previous working life.

That doesn't mean it's easy, as the parents in the viral video can tell you. As I type this, my one-year-old is lying on my chest and my three-year-old is yelling for help from the kitchen. It's hard. But it's also the best.

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Stretching: The scientific truth

EXERCISE

Body experts say the way we warm up may be all wrong

Jonathan Forani
life@metronews.ca

Among the glut of exercise advice, one thing seemed settled long ago: don't forget to stretch.

So we pulled our limbs in every direction, tugged on our ankles and reached for our toes before every workout.

But in recent years stretching doubt set in, as studies cast doubt on its effectiveness and some suggested it could lead to injury.

"An exercise in nothingness?" headlines read. If it doesn't work, why bother?

"There's been a lot of confusion," says David Behm, a leading stretching expert from

Memorial University in Newfoundland.

But Behm and an international group of researchers are closer to understanding the value of stretching and how to do it after conducting an expansive review, published last year, of 150 studies.

Their conclusion? Yes, you should stretch — but not the way you think. The key to the pre-workout regimen is "dynamic" stretching. Also called "movement practice," it has become an established decree of fitness experts, despite not fitting most conceptions of "stretching."

"Most people think 'I want to get more flexible and I want to get stronger,'" Behm says, but the traditional brand of stretch-and-hold, sit-and-reach exercises, or what is called "static" stretching, won't help your workout. In fact, an extensive stretching routine could make you weaker and lead to injury, Behm says, comparing it to using a slack elastic band to pull a wagon, instead of one

that's taut.

Dynamic stretching involves a gambit of movement exercises that take the joints through their full range of motion — high-knees, butt-kicks, walking lunges, deep bodyweight squats, trunk rotations and arm swings to name a few.

"It's a very different type of thing than what people consider stretching," says Greg Wells, assistant professor of kinesiology at the University of Toronto. "It's great before almost every single type of activity."

Static stretching won't do that. Instead, it slows the body, which is the opposite of what's needed for a workout.

"What you want to do is prime your body for the motion," says Kathelen Trotter, Toronto fitness expert and author of *Finding Your Fit*.

"The body needs a really good balance of mobility and flexibility," Trotter says, noting static stretching can help with the latter, but extensive stretch-and-hold routines

STATIC VS DYNAMIC

Before runs, squat and lunge

While more traditional static stretching is good for relaxation, fitness experts insist dynamic stretching is much more important before any rigorous activity.

Before a long run, you might warm up with a **short jog** followed by **deep squats** that grease the legs and hips, Wells suggests. **Walking lunges** are also encouraged.

Dynamic stretching is about getting the body ready for physical activity: "waking the body up, activating the muscles, lubricating the joints, and increasing the body's temperature," says Greg Wells, assistant professor of kinesiology at the University of Toronto.

ISTOCK



should be a separate workout altogether.

Static stretching is also a good practice for relaxation since it calms the nervous system down.

"It's an amazing way to decrease stress," says Wells. "If you've had a tough day, if you're wired, if you get home

at night and you feel like you're about to explode, stretching is one of the most amazing things you can do. Turn on a show and instead of lying on the couch, stretch for half an hour."

While the research has come a long way, there's more to be done. Stretching post-workout has not been studied at length,

but Behm says he would warn against stretching after an especially rigorous routine.

"If the workout has been quite fatiguing then the muscles are weaker and an intense stretching bout could overcome the weaker muscles and lead to muscle strain injury."

TORSTAR NEWS SERVICE

STUDY

Canadian CF patients live longer

Canadians with cystic fibrosis have a median lifespan a decade longer than their U.S. counterparts and researchers on both sides of the border are trying to figure out why there's such a dramatic survival gap between the two countries.

A study found the median age of survival for Canadians with the inherited disease is almost 51 years, compared with about 40 years for their American counterparts.

After taking into account factors like patient age and disease severity, researchers found the risk of death among people with CF was 34 per cent lower in Canada than in the U.S.

Cystic fibrosis, which is caused by a genetic mutation, causes thick mucus to build up in the respiratory system, leading to frequent infections that scar the lungs and reduce the ability to breathe. Mucus can also block tubes from the pancreas to the small intestine, requiring patients to take multiple digestive enzymes in order to absorb nutrients.

The study, published Monday in the *Annals of Internal Medicine*, was funded by the U.S. Cystic Fibrosis Foundation using data from 45,456 patients in its registry and 5,941 patients in the Canadian registry from 1990 to 2013. The 10-year dif-



Melissa Benoit, left, who has cystic fibrosis and her daughter Olivia at her home in Burlington, Ont.

THE CANADIAN PRESS

adoption in the 1970s of a high-fat, high-calorie diet that resulted in patients being better nourished, said Stephenson, director of the Canadian Cystic Fibrosis Registry.

"If patients were born in that time period — the 1970s and '80s in Canada — they were exposed to good nutrition right from diagnosis or from birth," she said. "And they perhaps are benefiting from that early and long exposure to good nutrition. We know nutrition is definitely related to survival."

That diet, developed and tested at Toronto's Hospital for Sick Children, became the standard of care for CF patients in much of the world.

However, it wasn't adopted in the U.S. until about a decade after a 1989 Sick Kids' study showed that Toronto patients with CF had a better survival rate than those being treated at a comparable clinic in Boston.

"So we're thinking the effect of that may be a bit delayed in the U.S. because of the different approaches to nutrition in those early days," Stephenson said.

Differences in health-care systems between the two countries might also affect the median age of survival, especially among U.S. patients without medical insurance, the researchers suggest.

THE CANADIAN PRESS

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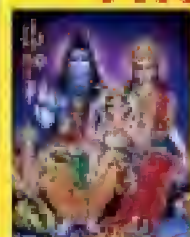
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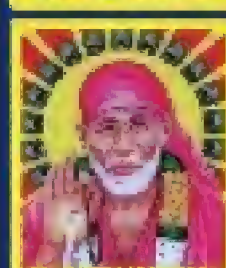
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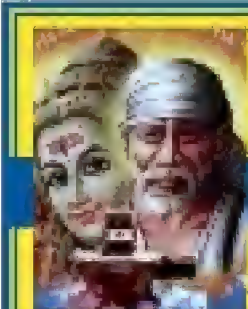
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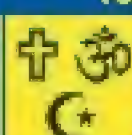
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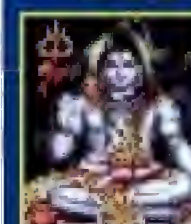
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LEARNING CURVE

For the love of the library

Ever since the first academic institutes were erected, the library has stood as the central station of information for students. But in the digital age, when many post-secondary pupils are quick to turn to their computers for quotes and content, this once-noble tower of knowledge is lagging in popularity.

So should the students of today who fixate on their screens for scholastic success reconsider the benefits of their campus library?

"Academic libraries pay millions of dollars a year for access to specialized collections to support the work of the university," says Julie Mitchell, assistant director of the Irving K. Barber Learning Centre at the University of British Columbia. "If it was freely available online, we wouldn't be paying for it. We subscribe to the



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most current research and curate resources that we know students need for their courses"

And in amongst all that research, there are hidden gems offered by a library that can provide an unmatched and even transformative experience for students.

"We live in an electronic world, but there is nothing like the hands-on experience of interacting with materials from the 13th and 15th century," says Mitchell, referencing the unique collections housed in the UBC library, as well as those shelved in other academic libraries in

Canada. "Smelling parchment, seeing holes in animal skins — there is nothing like that in the digital world."

"Libraries curate information in a way that the open web simply can't," adds Annie Bélanger, associate university librarian at the University of Waterloo. "You can search in Google but not know how to use information. That's where libraries can be very powerful."

Aside from its benefit as a meeting place for students, faculty, staff and researchers to explore ideas, Mandissa Arlain, communications librarian at Ryerson University points to all the things that can be accessed in campus libraries for free, that many students aren't even aware of.

"We offer quiet study spaces, including bookable group study rooms. We have laptops, camera kits, tripods, GoPro and an Oculus Rift for loan," says Arlain of Ryerson's available materials. "We also offer workshops that range from navigating research databases to 3D printing, augmented reality, 3D animation and more."

-LIZ BEDDALL

THE EARLY STUDENT CATCHES THE BEST SUMMER JOB

Sure it's only March, but for students thinking of nabbing their first summer job, experts agree this is the optimal time to start thinking about a plan of action and refining their professional profiles.

"Waiting may result in lost opportunity," says Stephanie Harper, associate director of career education at Brock University. "Summer jobs for post-secondary students often start in May which means many employers begin posting their summer jobs in January and February and often complete their recruitment process by late March and early April."

So where should a job-hungry student start?

"They should begin by reflecting on what their preferred working environment might be — is it indoors or outdoors, what products are offered, what type of working culture," says Fredy Mejia, career and student success advisor at Humber College.

"Summer jobs are in high demand by students from all ages and well-diversified communities; consider who your competitors are and prepare to stand out," Mejia adds. "Be mindful of how social media can play a vital role in reaching out to employers and marketing who you truly are in the context of your career."

"You want to have a good LinkedIn profile," adds Sue Kersey, manager of career development and career services at the University



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Calgary. "They might be very interested to find out more about you."

When it comes to increasing your hiring potential, Kersey also says students shouldn't hesitate to ask for a little help from their pals.

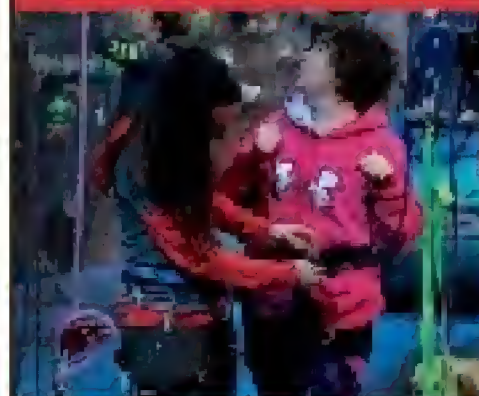
"You can get really good entry-level positions through friends, family or professional associations," suggests Kersey. "Tell people what you're looking for and what you're wanting."

University hiring fairs are also a way to seek out great summer positions, says Stephanie Harper, along with other on-campus initiatives aimed at placing students in professional roles.

-LIZ BEDDALL



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When you're managing a company, maintaining good leadership is essential. Great management makes a business run more efficiently, with happier employees who believe in what they do.

If you're looking to advance in a business setting with leadership skills that make a difference, an education in business administration management may be for you.

The skills you'll learn are essential, whether you're aiming to move up in your company, you're running the administration for a small business or you've started your own company.

As a business leader, you'll play a crucial role in planning, organizing, leading and controlling processes within the business.

There are many different areas you may be contributing to, including strategic marketing, operations, human resources, leadership, motivating employees, working with groups and teams and managing innovation and change.

If you're interested in taking the next step in your business career, get the right education. The Business Administration Management



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program at Reeves College prepares students with all the basics they need to run a business, including courses in management and leadership.

The program also covers up-to-the-moment courses that will help you stay on top of current trends, including the basics of strategic web design, digital marketing and social media.

The program's five-week practicum placement helps students integrate seamlessly into working in the field after they graduate.

Find out more at studybam.reevescollege.ca or by calling 1-800-670-4512.

Explore a rewarding career in payroll accounting

As a single mother of two teenagers, Tabatha Rushton was looking to upgrade her skills at a school that was close to her home and fit into her busy schedule.

Rushton had spent more than 10 years working in an office setting and knew that was where she wanted stay.

She chose Academy of Learning Career College to gain new skills to help her further succeed in an office setting.

"I chose the computerized payroll accounting diploma program because I like working with numbers and I've had jobs in the past where I have entered payroll and I enjoyed it," she says.

"So with a current education and a diploma, I thought I could make a good career out of it."

Since meeting with an advisor at Academy of Learning, Rushton knew she had made the right choice for her education.

"She gave me answers to every question I had and let me know what she thought would be good for me," says Rushton.

"She really took the time to listen to me, and helped guide me in the right direction."

Rushton now recommends the program



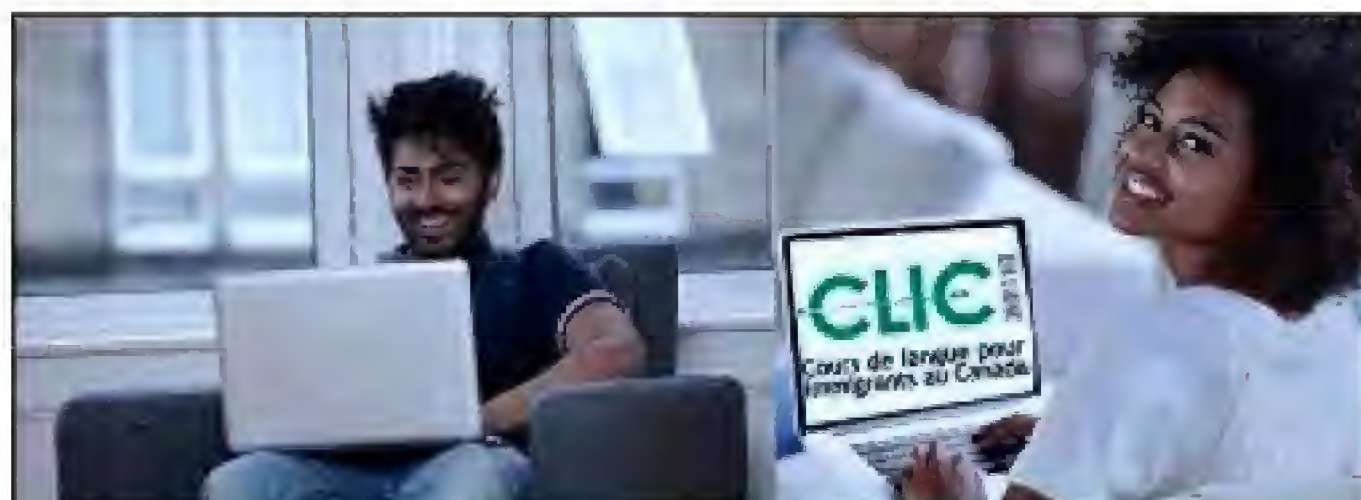
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and the school to others.

"I enjoy coming into school every day. The workers here make me feel welcome and are always lifting my spirits," says Rushton.

Once Rushton completes this 44-week program, she hopes to find full-time work in payroll.

For more information about the computerized payroll accounting diploma at Academy of Learning, visit academyoflearning.ab.ca.



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NorQuest College, where program development comes from direct consultation with community, business and government leaders, is ready to offer part-time post-diploma certification in addictions recovery and mental health recovery.

"In Alberta there are a wide range of people in professional settings — whether that be in schools, hospitals, correctional facilities, community organizations or child welfare — who interact with people with mental health or addiction issues," says



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Susan Otto, a social worker and program developer. "However, their formal training, right up to the diploma and degree level, often isn't specialized."

This is an opportunity for people who have generalist training to specialize in something unique in an area of care that is in need of frontline workers with enhanced training. During these uncertain economic times, it's prudent to protect yourself with a career that not only has the backing of community organizations, but from government as well.

"There is an appetite from government to see more of these type of professionals," says Otto. "Mental health and addiction issues affect us all, directly and indirectly. Healthy individuals leads to healthier communities."

Visit norquest.ca to apply.

Boost your career options in IT

Technology is a growing field with a diverse number of jobs and competitive salaries.

If you're looking for a new job, or you're interested in switching careers, consider upgrading your skills to become a technology professional.

With technology education, you could become a computer support technician, servicing computer systems and supporting their users in business or institutional settings. You'll install hardware and configure it, do basic networking, support Windows operating systems and Microsoft office programs, and offer help whenever needed.

As a network systems administrator, you'll plan, implement, administer, support and secure networked computer systems and their users. Your daily activities will include network design, maintenance and management.

You also have the option to specialize in network systems management, designing, implementing, managing and maintaining computers and network installations.

No matter what your specialty is, you'll be joining an in-demand industry. Organizations need IT professionals to help them



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run smoothly.

The technology programs at CDI College are taught and continually reviewed by industry professionals to ensure students graduate with the most up-to-date skills, so they can hit the ground running in the technology industry. Graduates will also be prepared to write external certifications for CompTIA A+, Network +, MCSA and MCSE.

Visit abnetworking.cdicollege.ca, or call 1-800-675-4392 to learn more about CDI College's technology programs.

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Learn the lifesaving skills of: CPR; relief of choking for adults, children and infants; how to use an automated external defibrillator for adults and children; bleeding control; shock management; and stabilizing fractures and dislocations.

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A LEADING POLYTECHNIC
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The community support worker program at Robertson College provides individuals with the tools to work in many different industries, and it's recommended for anyone who is looking to further themselves in their current health field.

"Anyone can attend the program who is looking to make a difference or someone who wants to help/work within the community," says Jessica Cheung, student admissions advisor, Robertson College, Edmonton Campus.

Through the courses, class lectures and group participation, students learn about the communities they are a part of and will be working in.

Students can gain employment in a variety of different fields, including health, education and immigration.

"Our program allows our students upon graduation to be knowledgeable about individuals in many areas of life," says Cheung.

From addictions to physical challenges, this program offers a wide range of courses to best prepare students for their future careers.

Throughout the program, students will learn counselling and support techniques for adults, children and youth.

Through the families and culture course, individuals will be provided with an understanding of traditional families, modern families and families in transition from a multicultural perspective.

The mental health working with mental illness course will cover diagnostic overviews, causes, occurrences and theories of the more common forms of mental illness.

HR for children, youth and families is a course that introduces the learner to various professional social worker roles (individual, group, community child protection, non-profit/for profit organizations) within the human services field.

Students will learn to understand the nature of addiction and becoming familiar with major substances of abuse and the impact they have on the body in the understanding addictions course.

And the professional skills for fieldwork in Canada course deals with various professional roles within the human services field.

Whether you want to work with children, within a community centre, outreach programs, education, shelters or with newcomers, the community support worker program will help you get there.

This program is offered both in campus and online with monthly intake dates.

In campus offers hands-on training and support with classes during the mornings or afternoons.

The next intakes for this program are; April 10 (afternoon classes); June 12 (morning or afternoon classes); August 7 (morning or afternoon classes).

For more information, visit robertsoncollege.com.

FIND INSPIRATION IN THE TECHNICAL DESIGN FIELD

After completing her civil and structural engineering technologist diploma in her home country of Switzerland, Kathrin Fluckiger decided to hit the open roads of Western Canada and Alaska.

Travelling and sleeping in a camper van, Fluckiger finally settled down in Edmonton to work on a sheep farm before receiving a job at Stantec Edmonton.

That is when everything started to come together for Fluckiger and she decided to also head back to school to further her career.

She chose the engineering CAD technician program at Digital School Technical Design College because it complimented her previous diploma.

"It's a great program for both newcomers or those with some experience in the computer aided field," says Fluckiger.

"Also, because of the small classes, the teachers can customize the lessons individually for the student."

As an international student, Fluckiger says it was more affordable to choose a private



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career college over a public school, and it also allowed her to start sooner, making it easier to achieve her career goals in a shorter time frame.

"I want to extend my work experience here in Canada to get closer to my goal to be an urban designer," says Fluckiger.

This program is one year in length and includes Building Information Modeling (BIM) training.

The next start date for this program is April 3.

For more information about the engineering CAD technician diploma program at Digital School, visit digitalschool.ca.

A free online program is helping protected residents learn French

Permanent residents and protected people who want to integrate into Canadian society by learning the French language can do so at their convenience thanks to a free online program, CLIC en ligne.

"Learning the language is one of the most important things to do when you immigrate to a new country," says Fabienne Labatut, the project lead of the program, which is the online version of the French-language program, cours de langue pour les immigrants au Canada (CLIC). "Our training focuses on learning language related to housing, banking, citizenship and how to get a job, to name just a few, through reading, writing, listening and speaking."

CLIC, which is funded by Immigration, Refugees and Citizenship Canada and, since 2014, run by La Cité Collégiale, is offered at various levels.

Students complete each level through a combination of group and independent learning, and have access to their instructor as well as CLIC's administrative team.

The program has gone from having four participants when it launched to more than 200 in six provinces, says Labatut. This year, it will expand across Canada.



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"Our program will be a great opportunity for people in regions or provinces when there is very little French language training offered," says Labatut. "We have seen a lot of province mobility for immigrants and knowing both official languages has proven an asset in job hunting."

To learn more, visit clicenligne.ca.

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**ROBERTSON
COLLEGE**

There was a time, not so long ago, when March for you meant seaside resorts, sitting on the couch and indulging in general inactivity. It was a month that inevitably brought with it a week-long break. But now as a post-secondary student, that block of relaxation has been relocated, leaving you with only a pile of books, a fresh blanket of snow and dreams of days at the beach.

"Taking off for a mid-March vacation may not be realistic for many post-secondary students," says Haley Doherty, student success advisor at Lakehead University. "But there are ways to seek some well-deserved rest and relaxation without hopping on a plane."

"Staycations' have become increasingly popular and can really resonate with students," says Doherty, adding that although many students relocate for their studies, they often spend most of their time on campus and neglect to truly experience the city where they've chosen to study. "Spending time off-campus and exploring the surrounding areas allows students to connect with the greater community and enhance their student experience."

Doherty reminds us that going on vacation doesn't necessarily mean going somewhere exotic. Alternatively, the relaxation of mind found on a trip away can be acquired by taking the time to mentally disconnect from a daily routine.

"Play tourist for the day, spend time outdoors, catch up with friends, read for fun or host a potluck," Doherty suggests.

"Any kind of physical activity can help to feel you're taking a break," says Dr. David Mensink, registered psychologist at Dalhousie University. "Playing a team sport, going to the gym or going swimming... And remember that you don't have to go to the Bahamas to go swimming. I go to the pool across the street."

"Ask yourself, what might I do on vacation, and then do that in creative ways with other people — with friends, family, group," adds Dr. Mensink. He recalls a time that one of the students he was counseling was experiencing winter blues, and she came up with the idea to host a beach party complete with beach music, beach food and beach apparel.

"Another time one of the psychologists here works in an office that doesn't have a window — so she decided to put in a window herself. How? She brought in an art piece — a beautiful picture of a window, looking at this beautiful warm beach."

Dr. Mensink reminds us that much like our bodies need rest, so do our minds.

"It's very important to distract ourselves from the importance of everyday life," he says. "Remember that we sleep, and when we do it's typically for six to nine hours. All the facilities that you've been using in your waking hours need to rest and relax and refurbish. And so does your brain with respect to cognitive functioning."

Haley Doherty agrees, adding that vacation time, in all its manifestations, should not be reserved for just one to two weeks of the year.

"Your health and happiness are worth spending time on each and every day," she says.

—LIZ BEDDALL



NHL FLAMES PUSH WINNING STREAK TO 10 GAMES
Pittsburgh Penguins goalie Marc-Andre Fleury pushes Calgary Flames defenceman Mark Giordano back into the net on Monday night in Calgary. Kris Versteeg scored the only goal of the shootout, Brian Elliott made 32 saves and the Flames won 4-3 to extend their winning streak to 10 games.
JEFF MCINTOSH/THE CANADIAN PRESS

IN BRIEF

Gregorius leads Dutch team to rout over Israel
Didi Gregorius drove in five runs Monday to lead the Netherlands over Israel 12-2 and hand the tournament debutants their first loss of the World Baseball Classic. Gregorius doubled in a run in the third when the Netherlands scored four to take a 6-0 lead. The designated hitter then hit a three-run homer in the fourth to make it 10-0. Gregorius also drove in a run in the eighth on a sacrifice fly.
THE ASSOCIATED PRESS

Ware calls it quits with 138.5 career sacks
DeMarcus Ware won't be returning to the Dallas Cowboys nor the Denver Broncos as expected. The 12-year NFL veteran is instead retiring from the NFL. Ware retires with 138.5 sacks, eighth on the career list. Ware announced his decision Monday on Twitter. "Long-term health of quality of life outweigh the spark and passion to play that I once had," he wrote.
THE ASSOCIATED PRESS

Northwestern finally gets in on Madness

NCAA BASKETBALL Illinois school makes it to tournament for first time

Northwestern's agonizing wait went down to the wire. All those forgettable moments and tantalizing teases over the previous 77 seasons were cast aside Sunday as the Wildcats celebrated their first NCAA Tournament bid when the final section of the bracket was revealed. By earning the No. 8 seed in the West Region, Northwestern will face ninth-seeded Vanderbilt on Thursday in Salt Lake City.

Northwestern ceded the title of having the longest tourney drought among power-five conference schools to Rutgers by becoming one of five first-time entrants in the 68-team field — the most since the field expanded to 40 in 1979. The immediate reaction inside Welsh-Ryan Arena in Evanston, Ill., included fists pumping, fans cheering and band members spilling onto the court. Outside the arena, the celebration included Twitter posts from notable alums including actress Julia Louis-Dreyfus. "To see all of this, it gets you emotional because these are the things we all dreamed of," coach Chris Collins said. "To see the guys very emotional before we



Northwestern coach Chris Collins, centre, players and supporters in Evanston, Ill., react as the team was named to the NCAA Tournament on Sunday. NAM Y. HUH/THE ASSOCIATED PRESS

came out, this has meant a lot to them and it's something we put a lot into, and just a really special day. You don't get many chances in life in anything to be a part of something historical, things that have never ever been done." Before Collins arrived in 2013-14, moments like this one seemed as implausible as the Chicago Cubs winning the World Series.

Now, in a five-month span, both droughts are over thanks largely to men who insisted players believe. In Collins' case, he instilled such a strong sense of purpose that his players already were donning T-shirts that read "Northwestern" on one line and "March into April" on the other. "I'm used to being part of all the 'firsts' here. I was Coach Col-

lins' first recruit," sophomore forward Vic Law said. "That belief that we all had — that vision that me and Coach Collins shared — was that this would be different." Last year, 20 wins were not good enough. This year, the Wildcats (23-11) refused to be kept out. They broke the school record for wins and reached the Big Ten Tournament semifinals for the first time. Joining Northwestern as schools in the tournament for the first time are Northern Kentucky, Jacksonville State, North Dakota and UC Davis.
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Herdman hedging his bets

COLLEGE FOOTBALL

Simon Fraser product leaves CFL door open after pro day

Jordan Herdman might not be done running against the clock.

The Simon Fraser University linebacker said Monday he didn't have his best workout at his pro day Friday. He originally didn't plan on participating in the CFL combine March 23-25 in Regina but told The Canadian Press later Monday night he'd changed his mind. Herdman originally decided against running in Saskatchewan but is reconsidering in order for another chance to post better results.

"I might have a change of heart," Herdman said. "I think I can get better numbers but I'm going to talk it over with my agent and we'll see."

Herdman, his twin brother Justin, also a linebacker, and running back Ante Milanovic-Litre worked out for scouts from the Atlanta Falcons and Arizona Cardinals as well as four CFL clubs



Simon Fraser linebacker Jordan Herdman is reassessing his pro options after working out for teams last week. DARRYL DYCK/THE CANADIAN PRESS

Friday in North Vancouver, B.C.

Jordan Herdman had solid efforts in the bench press (23 reps) and broad jump (nine feet four inches) but his 40-yard dash time of 4.97 seconds — as recorded by a scout at the workout — and 28-1/2-inch vertical jump

could both be improved upon. And Herdman — who measures five foot 10 (he's been listed at six foot) and weighs 234 pounds — struggled with his footing on some agility drills.

"It's definitely a relief to have the pro day over with," Herd-

man said during a telephone interview.

"I wish I could've got some better numbers but, I mean, it is what it is. I've hit better numbers during training and feel I could've definitely posted better times but you only get

one attempt and so if you slip or stumble that's what they go with. I think they (scouts) also have to take into account I play football very well so they have to watch the film and see how I play on the field."

Herdman was hoping to post a 40-yard dash time in the high 4.6s or low 4.7s but said Monday he'd been battling a hip ailment.

"I felt like my start was how it usually is and my 10-yard time was good," Herdman said. "But the last 20 (yards) wasn't the best. I feel I can do much better than that, that's not a good time for me."

Herdman enjoyed a stellar career at Simon Fraser, registering Great Northwest Athletic Conference records for career (428), single-season (165) and single-game (26) tackles. Twice he was named the GNAC's top defensive player.

The Winnipeg native was a late addition to the Senior Bowl in January in Mobile, Ala., becoming the first player in school history to earn the honour. Herd-

man made the most of it, delivering a thunderous hit on Jamaal Williams after the BYU running back took a short pass over the middle in the Jan. 28 game.

"I was expecting a bit better showing," said Geroy Simon, the most prolific receiver in CFL history who's now the B.C. Lions' director of Canadian scouting. "In a pro day you want to show your athletic ability, you want

to show your explosiveness, you want to show your speed and acceleration and change of direction."

But Simon also said evaluating talent isn't an exact science.

"Some scouts don't care about size," he said. "If you have the ability to play, if you have the ability to run and do the things you need to do, they'll take a shot on you." Simon added Herdman's game film shows very well.

"On film you can see his quickness, his explosiveness, you can see his ability to read plays," Simon said. "He's a very fit kid, he looks like a football player."

THE CANADIAN PRESS

I feel I can do much better than that.

Jordan Herdman

SOCCER

Kante strike knocks reigning champs United out of cup

N'Golo Kante sent Chelsea into the FA Cup semifinals by ending Manchester United's title defence on Monday, sealing a 1-0 victory after the holder's Ander Herrera was dismissed on a fiery night at Stamford Bridge.

Herrera was booked twice — the first time harshly — for foul-

ing Chelsea winger Eden Hazard, leaving United a man down from the 35th minute while already trying to cope without suspended top-scorer Zlatan Ibrahimovic.

Kante broke the deadlock five minutes into the second half after Paul Pogba failed to close him down before unleashing a

shot from 20 yards (meters) that beat goalkeeper David De Gea.

It left United without a victory at Chelsea since 2012. Mourinho's former club Chelsea, the runaway Premier League leader, remains on course to complete Antonio Conte's first year with a double.

Chelsea will face Tottenham

in the semifinals next month at Wembley Stadium. It was always likely to be a combustible atmosphere with Mourinho returning to Stamford Bridge. Mourinho's achievements at Chelsea have also been obscured.

"You're not special anymore," sang Chelsea fans, between ex-

pletive-filled chants directed at the self-styled "Special One."

Mourinho responded with typical bravado, directing three fingers at the fans who once adored him to signal the trio of Premier League titles won with him at the helm.

THE ASSOCIATED PRESS



United's Paul Pogba clashes with Chelsea's N'Golo Kante on Monday. JULIAN FINNEY/GETTY IMAGES

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4	2	5	6	9	3	1	7	8
5	4	9	7	3	8	6	1	2
2	7	1	9	5	6	4	8	3
8	6	3	2	1	4	5	9	7
7	9	8	4	2	5	3	6	1
6	1	2	3	8	9	7	5	4
3	5	4	1	6	7	8	2	9

MAKE IT TODAY

Delicious Avocado and Tuna Sandwich



PHOTO: MAMA VINSKY

Ceri Marsh & Laura Keogh
For Metro Canada

Packing your lunch can feel as insurmountable of a task as hitting the gym before the office but this sandwich errs on the side of easy and delish so you can make both happen in the morning. OK, fine, you can skip the gym.

Ready in 10 minutes
Serves 2

- Ingredients**
- 1 can tuna packed in water
 - 1 stem of celery chopped fine
 - 1 or 2 Tbsp mayonnaise
 - 3 or 4 cherry tomatoes chopped
 - 1 carrot, grated

- 1/2 avocado sliced
- 2 tortillas

Directions

1. In a bowl, mix tuna, celery, tomatoes and mayonnaise.
2. On the tortilla, make stripes of the tuna mixture, grated carrots and avocado slices.
3. Wrap tightly in the tortilla. Slice in half. Repeat for second sandwich

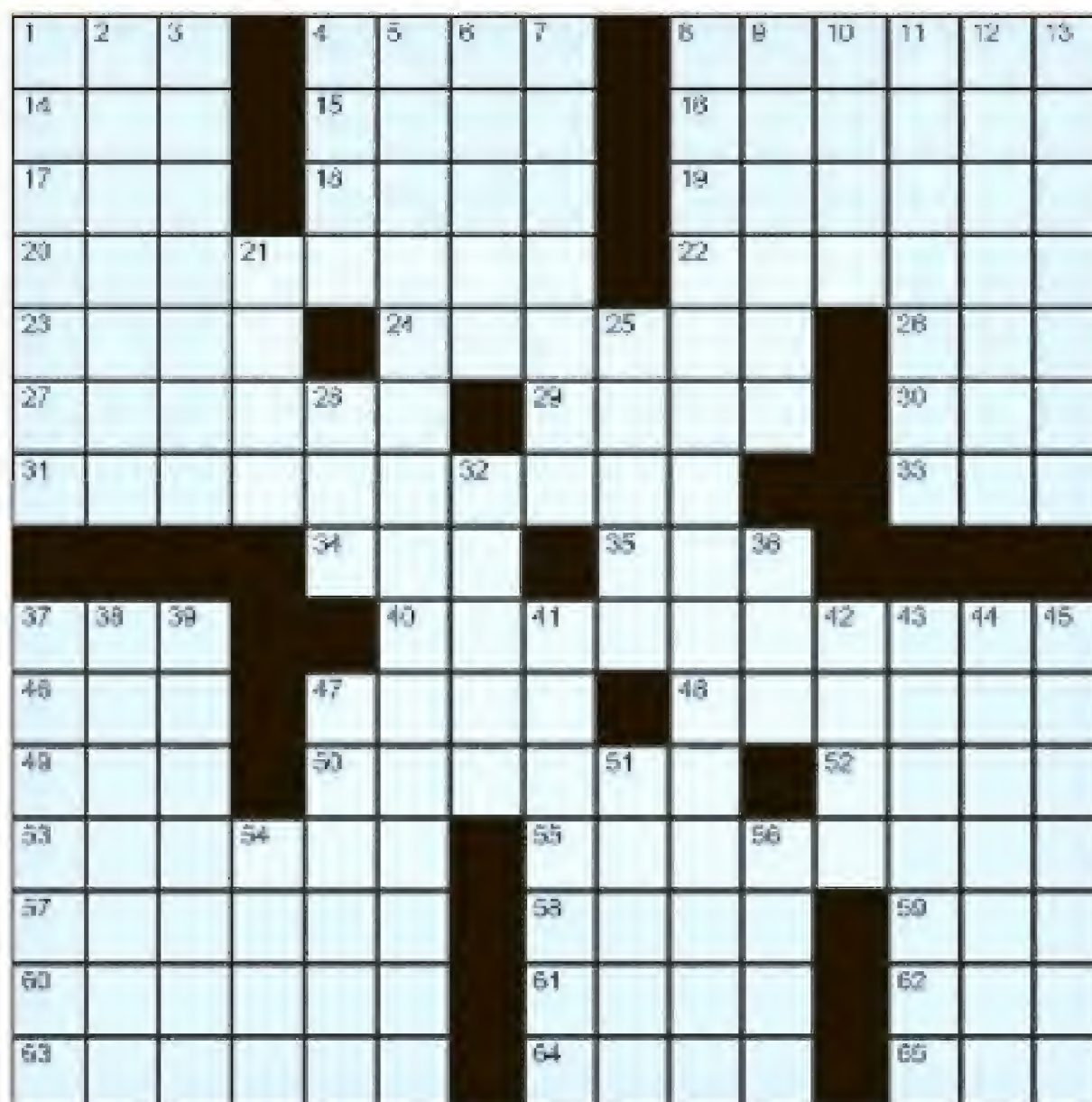
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Seal herd
4. Take __ (Try the drink)
8. The animal TV production mascot Mimsie: monogram + meower
14. 'Is', plurally
15. Someone smitten's status
16. Medieval king of legend
17. One bone of the chest
18. Organic compound
19. Melon variety
20. Accepted the terms in the contract, for instance: 2 wds.
22. __ a go between (Is the mediator)
23. Nautically navigate
24. Solemn
26. Old English letter
27. Diner dish
29. Moisturizer content
30. Riddle-me-__
31. "Obladi, Oblada, __" - The Beatles
33. "Hiss!"
34. TV show since '75
35. WWII soldiers
37. Gas stations of a multinational company headquartered in London, England
40. MuchMusic's old documentary-style series about recording artists: wd. + symbol + wd.
46. Grampus
47. Rip off
48. Daniel Defoe character, Robinson __
49. "___-haw!"
50. Metallica drummer Lars



52. Li'l owed money installments
53. Prefix to 'fugal' (Outwardly moving from the middle)
55. CBC's daytime life-styles show: 2 wds.
57. Unrepeated happening
58. Grouping

59. __-disant (Self-styled)
60. "Fab!"
61. "Born Free" (1966) lioness
62. Veil heroine in ancient Greek myth
63. Fittings in clothing store changing rooms

64. Robert of "The Brady Bunch"
65. Washington politician, wee-ly

DOWN

1. Shade provider in a lovely painting
2. Paper crafting
3. Question/interview

4. Pulitzer-winning author James
5. Steep sedimentary sights on PEI's coastline: 2 wds.
6. "___ Extremes" by Billy Joel
7. Picasso's fashionable daughter, and

- namesakes
8. Kraft Dinner: wd. + symbol + wd
9. __ Ellis Ross (Diana Ross' actress daughter)
10. Washington state volcano, __, __, Helens
11. Those going after blowing away belongings
12. Songs of dawn
13. Ruins the hotel room
21. Fashionable magazine
25. Online journals
28. For instances, for short
32. Pomp and Circumstance Marches composer, Sir Edward __ (b.1857 - d.1934)
36. __ John A. MacDonald
37. Particular protest
38. Primping person
39. 1996 Mother Earth album: "___ and Fish"
41. Bypassing being
42. __ tea (Orange Pekoe serving, perhaps)
43. Gradual method of learning
44. Like still-raw meat on the BBQ: 2 wds.
45. Sitting
47. "___ U.S.A." by The Beach Boys
51. South American country
54. Benicio Del __
56. Alum

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because it's easy to overreact when dealing with others today, especially partners and close friends. Remember — you don't have to win all the time.

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will turn into a fight. Instead, look for ways to be supportive of co-workers on the job.

Gemini May 22 - June 21
Disputes about shared property, children or even a romantic relationship might take place. It's easy to make a mountain out of a molehill today — take it easy.

Cancer June 22 - July 23
Be patient with family members today, especially female relatives, because jealousy is likely. Furthermore, people will stifle their emotions today, then let them loose. (Yikes!)

Leo July 24 - Aug. 23
Avoid arguments with siblings and daily contacts today. In one way, you feel optimistic and upbeat, but this might change quickly if you cross swords with someone.

Virgo Aug. 24 - Sept. 23
Financial arguments are likely today because people are quick to anger. Be careful, because it's easy to blow things out of proportion today.

Libra Sept. 24 - Oct. 23
This is a tricky day. In one way it's positive, upbeat and happy (oh, yes). However, if someone disagrees with you, things could turn nasty very quickly. Stay calm.

Scorpio Oct. 24 - Nov. 22
Something going on behind the scenes concerns you today. Initially, it pleases you. Nevertheless, be careful, because someone might be jealous. (It might even be you.)

Sagittarius Nov. 23 - Dec. 21
Go gently when dealing with friends today, especially acquaintances in a group, because things might quickly turn nasty. Go with what works, and avoid what doesn't.

Capricorn Dec. 22 - Jan. 20
Avoid arguments with bosses, parents and VIPs today. For one thing, they will become public, and this might not look good for you. Stay chill.

Aquarius Jan. 21 - Feb. 19
Your enthusiasm for politics, religion or racial issues might quickly turn into an argument today, so be careful. Make sure you know your facts and that you stick to them.

Pisces Feb. 20 - March 20
A dispute about shared property or inheritances might get out of hand today. Try to avoid this, if you can. Postpone this discussion till another day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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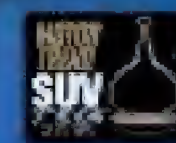
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